Exercise Plan Checklist

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# Tasks:

☐ **Start Slow and Take Baby Steps**

☐ **If you're not used to working out, start by getting active in small ways: ;Take the stairs instead of the elevator**

*Go for a brisk walk after dinner. ;Move whenever you can.*

☐ **Keep moving in your daily activities - taking the stairs whenever possible, walking your errands instead of driving - and you'll start to notice results.**

☐ **Make a Routine**

☐ **Make time for a morning workout, or squeeze in exercise after work.**

*Start a schedule*

☐ **Pressed for time? Break up your workouts into segments - 20 minutes in the morning, and 20 before dinner.**

☐ **Find what works for you and stick with it**

*Habits are hard to break, and once you form a workable plan you'll find it easy to stick to.*

☐ **Increase your Workouts**

☐ **Start with 3 times a week, for 30-60 minutes of moderate activity.**

☐ **Gradually increase the length and frequency of your workouts, but don't try to do too much too fast.**

☐ **Boost your workouts by length and intensity by only 10% after every two weeks**

*Your body needs to get used to your new active lifestyle.*

☐ **Learn to Lift**

☐ **Everyone can benefit from strength training**

*Lifting weights is a great way tone up and slim down, fast.*

☐ **Strength training fires up your metabolism and keeps it elevated for hours.**

☐ **Muscle requires more calorie expenditure to ;work ;properly, so ultimately the more muscle you have, the more fat you'll burn**

*Another bonus: Weight-bearing activities improve bone-density and overall fitness endurance.*

☐ **Maintain proper form**

*Be sure you have a trainer or knowledgeable gym buddy show you the basics first, so you don't injure yourself.*

☐ **Combine for Strength and Endurance**

☐ **Maximize your workout by incorporating both cardio and ;strength ;training into your workout regimen.**

☐ **Experiment with cardio and strength routines**

*Do your favorite form of cardio for 40 minutes, and add 20 minutes of strength training. Or get a great full-body workout in less time by combining HIIT (High Intensity Interval Training, which is a circuit composed of explosive cardio movements) and a strength training routine.*

☐ **Switch it up**

☐ **Don't do the same thing every workout**

*..you and your body will both get bored, and you'll stop seeing results.*

☐ **Switch up the length, intensity, and type of workout you do for variety**

*Is jogging your thing? Try alternating speed and incline on your runs. Change it up again by sampling a step-aerobic ;or Zumba class.*

☐ **Write it down.**

☐ **Chart your exercise schedule in a journal.**

☐ **Organize your workouts so you'll know what to do each day, as well as which exercises you should save for later in the week.**

☐ **Track your progress, to help you stay motivated and reach your fitness goals.**

☐ **Nourish**

☐ **Eat a small meal of complex carbohydrates, lean protein, and healthy fat before and after workouts.**

☐ **Have a small snack about an hour before you exercise**

*Try a ;banana ;with greek yogurt pre-workout.*

☐ **Eat a balanced meal post-workout**

*All meals should combine protein, whole grains and healthy fats, but you may need to adjust by workout type. Eat more lean protein after ;strenuous ;strength training, and consume more complex carbs after an intense bout of cardio.*

☐ **Drink plenty of water before, during, and after workouts.**

☐ **Rest**

☐ **Overtraining can cause injury**

*Your body needs time to recover, especially from ;strenuous ;workouts.*

☐ **Wait at least 42 hours between training the same muscle-groups.**

☐ **Don't overdo high-impact cardio (like running), though you can perform moderate or lower-intensity activities on your off days.**

☐ **;Try alternating intense workout days with lower-impact activities, such as ;Pilates ;or yoga**

*Craving cardio? Head for the pool. Swimming is a great cardio activity that also tones your muscles without adding pressure to joints.*

☐ **Stay Motivated**

☐ **Get a gym buddy or personal trainer - being obligated to another person will keep you from breaking exercise plans.**

☐ **Feeling lethargic? Take a look at your exercise ;regimen**

*Perhaps your routine has gotten stale and you need to overhaul your schedule.*

☐ **Avoid overtraining**

*Working out too hard too often can burn you out fast and ruin your health.*

☐ **Ensure you're getting enough nourishment and calories to fuel your body through your workouts.**

☐ **Look at your workout journal to help you locate and resolve the problem**

*Retool your workout, stay positive, and reach your goals.*